



Clam Sauce

A classic seafood sauce that's usually drenched in points

Ingredients:

- 6 second spray, butter flavored cooking spray
- 1 Tbsp I can't believe it's not butter Light
- 1/4 cup white wine, chardonnay
- 1 cups bottled clam juice, strained
- 1 cup fat free chicken broth
- 1/4 cup unsweetened almond milk
- 1 pinch red pepper flakes
- 5 garlic cloves, crushed, chopped
- 1 small onion, diced
- 2 (6oz) cans clams, minced or chopped
- 2 Tbsp oregano, finely chopped
- 2 Tbsp parsley, finely chopped
- 3-1/2 Tbsp cornstarch
- 1/4 tsp olive oil

Linguini with White Clam Sauce is one of those staples of traditional southern italian cooking. It's one of those dishes that we all love or have wanted to try, but we shy away from it because of how much wine and butter are typically in it. After a member on Connect requested that I take a look at WW-ifying it, I was able to come up with an ultra low point, low calorie, virtually fat free version that is light, delicious and extremely flavorful. Not to mention that it's 1 point for a REALISTIC portion size, not 2 points for 2 measly little Tablespoons of sauce like you'll find elsewhere.

Servings:

- Yield: 4 cups
- Servings: 8
- Serving Size: 1/2 cup



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- last checked 11/15/22 -
Use your mobile device's 'Camera' App to look at this code for nutritional info.

Directions:

- 1 Spray the cooking spray into a medium pot, then add the butter spread, wine, broth, almond milk, clam juice, pepper flakes, garlic, diced onion and cornstarch. Stir until the cornstarch is dissolved, then bring the sauce to a rolling boil. Cook for 5 minutes, uncovered.
- 2 Turn off the heat. Pour in the contents of the 2 cans of canned clams and their juices. Add the chopped fresh herbs and finally, drizzle in the 1/4 tsp of olive oil. Season with salt, black (or white) pepper, and additional red pepper flakes, if desired.

Notes:

- Add 2 cups of canned, crushed or diced tomatoes and juices in place of the recipe's listed chicken broth, to create "Clams and Tomato Sauce", a classic Neapolitan dish.
- Want even more 0 point butter flavor? Use 2 tsp of butter flavored popcorn seasoning sprinkles.
- If you REEEEEALLY want to snazzy this dish up, add some live clams (scrub them clean!) to the pot and cook for 10 minutes. Discard any clams whose shells don't open.

